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INSIDE THE CLINTON, TRUMP ELECTION NIGHT PARTIES
metroLIFE

Your essential daily news | TUESDAY, NOVEMBER 8, 2016

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'Core values are being tested'

PHILADELPHIA

Final pitches from candidates and supporters

America now decides what kind of place it wants to be.

The campaigning portion of a momentous, bitter, surreal U.S. presidential election ended Monday with Democrat Hillary Clinton and Republican Donald Trump zipping around the country from morning to late at night to scrap for votes in critical states. The former secretary of state, senator and first lady showed no sign of complacency in an unpredictable year, playing both defence and offence on a four-rally day headlined by an appearance with her husband, the Obamas, Bruce Springsteen and Jon Bon Jovi at a giant concert rally in Philadelphia — her second rally of the day in critical Pennsylvania.

"I'm betting that tomorrow, America will reject a politics of blame and resentment," Barack Obama said at Independence Hall. "I'm betting that tomorrow, you will reject fear, and you will choose hope. I'm betting that the decency and the generosity of the American people will win the day. And that's a bet I've never lost."

Both of the candidates made a case that did not sound, after all these months, like an exaggeration: Tuesday's vote is a referendum on America's soul.

Clinton appealed to voters' better angels.

"We don't have to accept a dark and divisive vision for America," she said in Pittsburgh. "Tomorrow you can vote for a hopeful, inclusive, big-hearted America. Our core values are being tested in this election."

Trump appealed to voters' anger.

"You have one magnificent chance to change a corrupt system," he said in Raleigh, "and to deliver justice for every forgotten man, woman and child in this nation."

Clinton said America needs "more love and kindness." Trump said America needs to eradicate its "rigged system."

The last batch of polls suggested Clinton was on track for a historic victory. The woman seeking to become the first female president led by about four percentage points on average and by as many as six points.

More than 70 million Americans are expected to cast ballots on Tuesday, joining more than 40 million who have voted. They will choose between candidates who share a home state and financial privilege but little else. The election pits a consummate Washington insider vowing to protect the president's legacy against an outsider vowing to "drain the swamp." It pits a polarizing feminist icon against a macho man with a history of sexism and alleged sex assault. It pits a conventional liberal against an unorthodox conservative.

Scripted against improvised, disciplined against erratic, prepared versus blustering. One attempting to build a broad multiracial coalition, one appealing to the nostalgia, resentment and economic anxiety of white people.

Above all, the election was about questions of identity, national and personal. Should America open its arms to the world or fortify itself both metaphorically and with an actual wall? Were illegal immigrants to be assimilated or summarily evicted? Were African-Americans making gains or mired in joblessness and hopelessness? Were Muslims a security threat or a part of the national fabric?

The electorate was sharply split along racial and gender lines. Trump was looking to turn out disaffected whites who have stayed home in past elections; Clinton was seeking a surge in voting among Hispanics, which early-voting results in Florida and Nevada suggested might be happening, and a better-than-usual showing with female white moderates dismayed by Trump's behaviour and personality.

Trump, a businessman and reality television star whose candidacy was widely treated as a joke 17 months ago, managed to stay in contention despite an unceasing series of revelations that would have sunk a conventional politician. He spent his final hours in his typical atypical fashion: raging at assorted things that drew his ire.

And, as so often, he boasted about himself. At least twice, he claimed he had "the greatest movement ever in the history of our country."

Both Trump and Clinton remained unpopular throughout the campaign, Clinton slightly less than Trump, and they tried Monday to do what they had always done: focus voters' attention on the other.

There are also two prominent third-party candidates on the ballot, Libertarian Gary Johnson and Green Jill Stein. Johnson, former governor of New Mexico, has plummeted from relevance over the last month, but he remains at about 5 per cent in the polls, Stein at about 2 per cent.

TORSTAR NEWS SERVICE

THE ASSOCIATED PRESS

Words from Philadelphia

Michelle Obama: Voters have a chance on Tuesday to stand up to "those who seek to divide us and make us afraid."

Barack Obama: They "have somebody extraordinary to vote for" in Hillary Clinton.

Bill Clinton: Decide whether "we are going to change forward together or backward."

Bruce Springsteen: Her candidacy is based on "intelligence, experience, preparation."

This election is about Canada, too

Tensions highlighted in the U.S. election could head north

Vicky Mochama
Metro | Toronto

Fear has been the soundtrack to this election.

Fear sounds like crowds turning on the reporters sent to cover them. Fear sounds like cries of "Lock her up!" Fear sounds like cable news pundits saying, "That's just how men speak in locker rooms."

It is the fear of those who now feel left out of the American Dream in the way that blacks, Native Americans and queers always have been. There is a deep terror that even American power looks different: first, a black man, and now, a woman.

I can't help but be concerned that the same elements that propelled Donald Trump are sitting just under our noses: a distrust of immigrants, a struggling economy, and a bitterness that Canada no longer looks like it used to.

This country is changing.

In the last three years, hate crimes against Muslims in Canada have more than doubled even while overall hate crimes lessened.

The Rebel, a Canadian-based news company run by ex-Sun TV host Ezra Levant, has claimed that most Syrian refugees are fake. A columnist for the Toronto Sun continues to peddle the notion that Maryam Monsef's recent discovery of her birthplace is a massive lie. (It is not.) Conservative leadership candidate Kelly Leitch has talked of testing immigrants and refugees for "anti-Canadian values." One of her rivals, Steven Blaney has also suggested a ban on the niqab for public service workers saying, "We don't want our country to become like the country they left."

Canada was once spared the worst of the global economic downturn. But our economy is now faltering. The Canadian oil industry, for example, is experiencing a significant slump. In the expansion of employment benefits to interior B.C., Edmonton and southern Saskatchewan, almost all of the applicants were men. Compared to 2015, there has been an 11 percent increase in male EI beneficiaries according to Statistics Canada. Clearly, men are struggling.

Entrenched unemployment in once-booming areas like the Alberta oilfields threatens to turn its mostly male workers into a seething political class. Men who felt they had the promise of manufacturing, farming and resource jobs may, rightfully or not, resent being left behind.

Economic distress and racial animus make for dangerous politics.

Like waiting for the West Wing to get onto Netflix, Canada tends to get everything America does only a couple years later.

Sure, I dread that under a still-possible Trump presidency, a wall will be built, that Muslims will be banned, and that women won't be able to walk safely into the Oval Office.

But here at home, I fear the election's cruel, racist and anarchic streak may yet head north.

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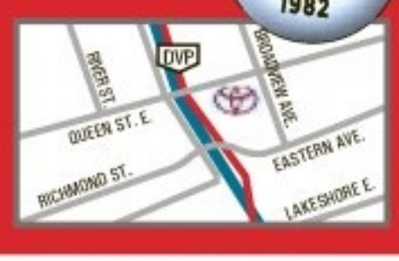

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Cost of Scarborough LRT cancellation $100M/year

TRANSIT

Province would have picked up operating costs, not now

Coun. Gord Perks believes Mayor John Tory's prioritizing SmartTrack is setting transit back decades. TORSTAR NEWS SERVICE

The provincial government was not only willing but assumed it would have to pay operating costs for the now-cancelled Scarborough LRT under a deal to fund a series of light-rail projects.

A 2013 internal document calls into question a newly proposed deal to be debated Tuesday that would see the city shouldering operating costs for all remaining LRTs — which will likely cost the city almost $100 million annually.

Critics on council have questioned those terms, saying the city will pay what was meant to be provincial costs in order to move ahead with Mayor John Tory's plans for SmartTrack.

"I am appalled that Mayor Tory would sell out the future of transit in Toronto just to keep SmartTrack attached to something, anything at all," said Coun. Gord Perks. "Losing provincial funding for light rail operations sets the city's transit future back decades."

> **"I am appalled that Mayor Tory would sell out the future of transit in Toronto.** Coun. Gord Perks

Andrea Ernesaks, an aide to Transportation Minister Steven Del Duca emphasized the province is still funding all capital construction costs and other transit projects for transit.

Under a new deal council is being asked to approve, the city would be responsible for all operating costs. The total operating costs for future LRT lines are estimated at $182.4 million annually (in inflation-adjusted dollars). When fare revenues are applied and operating costs for existing bus routes removed, the net cost is expected to be about half.

City staff have acknowledged there was an assumption the province would pay operating costs, but the province never accounted financially for being responsible. TORSTAR NEWS SERVICE

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Israel can teach Toronto on tech

BUSINESS

City, industry leaders look to learn from 'the startup nation'

Gilbert Ngabo
Metro | Toronto

Toronto's growing tech industry is eyeing Israel to learn about the country's innovations and business opportunities.

Mayor John Tory will lead a group of local councillors and industry business leaders on a weeklong mission starting Friday. The delegation will visit key cities such as Ramallah, Tel Aviv and Jerusalem, while touring tech giants and incubators including Aleph, IBM, WeWork, Cyberspark, MassChallenge and Barclay's Accelerator.

It's a "sell Toronto to the world" mission similar to others Tory has conducted in California, Texas, Japan, China and, most recently, London, England.

Israel may be "literally a dot on the map" but the technology coming out of the country has earned it a reputation of "the startup nation," said Ben Zlotnick, CEO and founder of Incubes, a Toronto-based business accelerator.

"They've built up multibillion-dollar companies in such a short period of time," he said, noting Toronto businesses will look to learn and partner with Israeli companies to scale up tech capabilities.

While Israel has made strides in technology and innovation, Toronto also continues to boost its national status as the leading tech market.

A recent Scoring Canadian Tech Talent report from CRBE found Toronto to be the top Canadian city in tech labour and job growth, with about 25 per cent of all tech talent located here.

Part of the reasons for such growth is a strong digital presence allowing companies to market their products and services to a wide audience, said SecureKey CEO Greg Wolfond, who'll be part of the Toronto delegation.

But that also calls for stronger cyber authentication and online security, and Toronto tech companies will look to discuss strategies with their counterparts in Israel.

"Internet is really great because it makes things easier, but it's also really scary because of the bad guys out there looking to steal," he said.

Indigenous drummers pass Parliament Hill as they lead the Walk for Reconciliation, held last year in Ottawa. Organizers are pushing Toronto to host the event next year. TORSTAR NEWS SERVICE FILE

INDIGENOUS ISSUES

T.O. eyed as host for reconciliation walk

Indigenous groups in Canada are pushing for Toronto to host next year's Walk for Reconciliation.

The annual event brings together thousands of indigenous people and Canadians from all cultural backgrounds to share stories and discuss the legacy of the country's residential school system.

Organizers say Toronto's growing diversity and multicultural makeup make it an ideal place to host the event.

"We think there is some readiness in the city," said Karen Joseph, Reconciliation Canada's chief executive officer.

Last week, Joseph made a plea to Toronto's Aboriginal Affairs Committee to ask council for permission and support in hosting the event, scheduled to take place next September.

The walk was previously held in Ottawa and Vancouver.

Hosting the event in Toronto would serve as a "moment of inspiration" for the city's urban aboriginal population, Joseph said.

"This event allows us to envision a future together that's based on common respect and dignity," she said.

The city is already discussing the possibility of raising aboriginal flags at city hall in an effort to recognize the history of First Nations people in the area.

> **This is a meaningful step in acknowledging our wrongdoing.**
> Coun. Mike Layton

Coun. Mike Layton, who chairs the Aboriginal Affairs Committee, said hosting the event would be a show of solidarity as Toronto continues to work on its aboriginal employment strategy, as well as training city staff about indigenous history.

"This is a meaningful step in acknowledging our wrongdoing," he said.

"But we must do more in addressing issues of poverty and housing for our indigenous communities."

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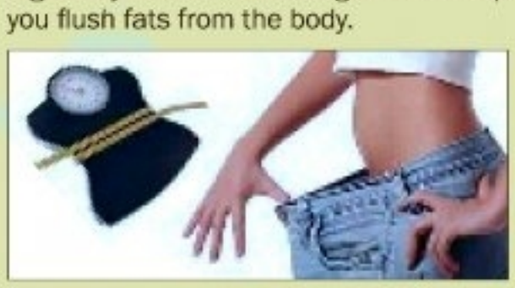

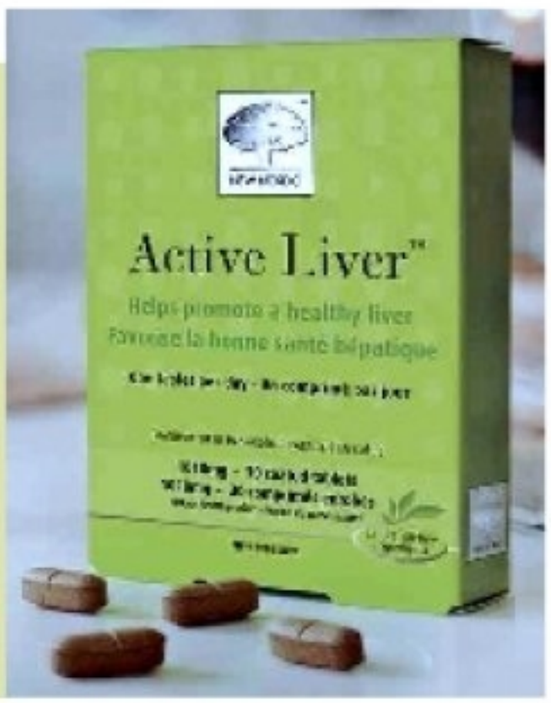

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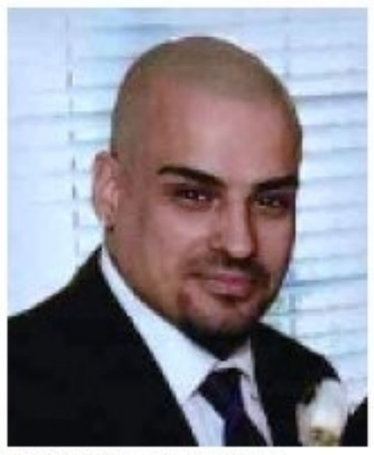
A death with an unlikely weapon

POLICE

Taser case haunts debate of its increased use by police



Rui Nabico. CONTRIBUTED

Rui Nabico died just after noon on Friday, near his family home on a typically quiet residential street. The beloved son, brother and uncle became Toronto's fourth police-involved fatality this year.

Few details of Nabico's death have been released by the Special Investigations Unit, the provincial police watchdog now probing the 31-year-old man's death. Citing a controversial policy requiring the permission of next-of-kin, the agency is not releasing his name, but Nabico's identity has been confirmed by his family.

The fatal interaction occurred after police were summoned to Sagres Crescent, near St. Clair Avenue and Old Weston Road, by witness reports of a man brandishing two knives and screaming.

While details of Nabico's death are scarce, his case already stands out from other police-involved deaths in Toronto: Though the exact cause of death is still not known, Nabico went into medical distress after police fired a Taser. He was pronounced dead in hospital.

Fatalities where a Taser was the sole weapon used by police are rare. But Nabico's death comes just as Toronto police are pushing to expand the weapon's deployment throughout the force by nearly 50 per cent.

Critics say Nabico's death is a tragic reminder that the health risks of Tasers are far from understood.

"The death Friday contradicts assurances that Tasers don't kill," Pat Capponi, co-chair of the Toronto police services board mental health sub-committee, said Monday.

She has asked for an emergency meeting between Toronto police Chief Mark Saunders and members of the sub-committee to discuss the proposed expansion.

"Police need less weapons not more, and the message has to come from the top," she said.

Currently, Toronto police have 545 Tasers, available only to a select few uniform frontline supervisors and selected members of specialized units. The force allocated $750,000 in its proposed 2017 budget for an additional 250 Tasers to be given to some frontline officers.

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COLLISION

Car crash pins male pedestrian to wall

A man in his 20s was in life-threatening condition after he was pinned to a wall by a car in Summerhill in Toronto on Monday morning.

Toronto Police Services got a call just after 9:30 a.m. about a collision on Avenue Road and Roxborough Street W. Toronto Paramedic Services said they transported three people to hospital: the pedestrian and the two people in the car.

The driver had minor injuries, while the passenger suffered serious injuries.

Two cars collided in the intersection of Avenue Road and Roxborough Street W., police explained. One of the cars then swerved and mounted the sidewalk.

After hitting the pedestrian, the car hit a wall, pinning the pedestrian.

Police closed Avenue Road between Dupont Street and Davenport Road to investigate. It was later re-opened to traffic.

TORSTAR NEWS SERVICE

Calls to slow down Danforth

PROPOSAL

Councillors want to reduce speed limit for safety of all

Luke Simcoe
Metro | Toronto

A proposal to lower speed limits along the Danforth is just the first step towards making the east-end street safer for pedestrians and cyclists, say two local councillors.

Couns. Janet Davis and Mary-Margaret McMahon will be putting forward a motion to the Toronto East York Community Council next week, asking for the speed limit to be lowered from 50 km/h to 40 km/h between Dawes Road and Victoria Park.

"The city's road safety plan included recommendations to reduce the speed limit to 40 km/h between the Don Valley Parkway and Dawes, but it didn't make sense for me to stop it there," Davis said. "The section of the Danforth between Dawes and Victoria Park is very busy. It has a lot of pedestrian and retail activity."

Pedestrians walk across the Danforth & Pape intersection in Toronto. Two officials want to bring down the speed limit from 50 km/h to 40 for this area. EDUARDO LIMA/METRO

As of Monday, 38 pedestrians and one cyclist have been killed on Toronto streets this year. Even with seven weeks remaining, 2016 is already the worst year for road fatalities since 2003.

None of those crashes have happened on the Danforth. However, as a cyclist, Davis said she's experienced "aggressive" and "risky" driving along the street firsthand.

She's hopeful lower speeds, combined with the potential addition of bike lanes will help solve the problem.

"The Danforth is going to be looked at with a complete streets approach," she said. "I'm not a traffic engineer, but I know there are design features we should be examining to make the Danforth safer for all road users. "Reducing the speed is just one of them."

Nancy Smith Lea, director of the Toronto Centre for Active Transportation, called Davis and McMahon's proposal "a good first step," but said the city needs to reduce speeds even further.

Data from Toronto Public Health shows that between 2009 and 2013, there were zero fatal pedestrian collisions on roads where the posted speed limit was 30 km/h.

"The high speed of motor vehicles on Toronto's arterial streets is deadly for pedestrians and cyclists. To actually achieve zero fatalities we need to implement a city-wide 30 km/h speed limit policy," Smith Lea said.

COLLISIONS

In addition to a 95-year-old woman killed Sunday in Etobicoke, at least three other pedestrians have received life-threatening injuries after being hit by drivers this week.

According to police, a female pedestrian was taken to hospital via an emergency run after being hit at McCowan Road and Finch Avenue around 11 a.m. A 71-year-old man was also hit crossing Markham Road near Milner Avenue Sunday afternoon.

LUKE SIMCOE/METRO

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OVERDOSES

Experts call for national opioid strategy

Canada needs a comprehensive national strategy to curb rampant overprescribing of opioids and to reduce escalating numbers of deaths caused by overdoses of the powerful narcotics, addiction experts say.

Writing in Monday's edition of the Canadian Medical Association Journal, Dr. Benedikt Fischer of the Centre for Addiction and Mental Health (CAMH) and co-authors say an estimated 2,000 Canadians died from opioid overdoses in 2015, and many provinces are on track for an even higher number of deaths in 2016.

"It's a real public health disaster," Fischer said.

In a separate report Monday, the Toronto centre urged Ottawa to launch a review of all prescription painkillers sold in Canada and said high-dose opioid medications should be pulled from the market. Other recommendations include:

- Developing and enforcing guidelines for prescribing opioids only in exceptional cases.
- Prescribing opioids in limited dosages and for a limited duration.
- Establishing real-time electronic prescription monitoring systems across Canada.

"It is late — but not too late — to move toward reducing the toll of opioid overuse," Fischer said.

The federal government is holding a summit on opioids in Ottawa on Nov. 18, which will include addiction experts and organizations such as CAMH.

THE CANADIAN PRESS

DRUGS THAT KILL

According to a new study by Dr. Benedikt Fischer of the Centre for Addiction and Mental Health (CAMH), increasing numbers of Canadians are dying from opioid overdoses annually:

- **Up to 2,000 in 2015** from opioid overdoses
- **Up to 20,000 in the past decade**

Natan Obed, president of Inuit Tapiriit Kanatami, is no stranger to intergenerational trauma. THE CANADIAN PRESS

End sexual abuse: Inuit

INDIGENOUS ISSUES

Federal leaders asked to stand up to protect children

Prominent Inuit politicians are urging Canada's leaders — indigenous and otherwise — to protect children from the scourge of sexual abuse and suicide running through indigenous communities, saying no child deserves to have their innocence stolen.

The head of Canada's national Inuit organization says it is incumbent upon all leaders to proclaim that abuse in indigenous communities is unacceptable.

Natan Obed, president of Inuit Tapiriit Kanatami, is himself no stranger to intergenerational trauma; his own father struggled with alcoholism after falling victim to sexual and physical abuse at residential school.

Children deserve the right to live happy, healthy childhoods and to fulfil their potential, he added.

"We need to do more to keep our children safe," Obed said.

Independent Sen. Murray Sinclair, the chairman of the Truth and Reconciliation Commission that explored the depths of Canada's residential school legacy, said data is sorely lacking that could point to the magnitude of the problem inside indigenous communities.

Sexual abuse has gone beyond residential school survivors, their children and grandchildren, said Sinclair. The cycle of abuse has infected subsequent generations, he warned. Children are abusing each other across generations; members of street gangs are victimizing young girls; and women are being hauled into the sex trade.

Mental health resources to address the issue and research possible connections to the alarmingly high number of indigenous suicides are sorely lacking, especially in Canada's far North, Sinclair noted.

A 2012 Statistics Canada report found rates of sexual offences against children and youth were highest in the territories — the Northwest Territories and Nunavut recorded the highest rates in Canada, followed by Yukon.

THE CANADIAN PRESS

IN BRIEF

Challenge on feds revoking citizenship fails in court

A bid to stop the federal government from revoking Canadians' citizenship without a hearing has failed. Federal Court Justice Russell Zinn has dismissed a case brought by the Canadian Association of Refugee Lawyers and the British Columbia Civil Liberties Association who sought a stay of a section of the Citizenship Act that allows the government to revoke the citizenship of anyone deemed to have misrepresented themselves.

THE CANADIAN PRESS

National ocean protection plan announced in Ottawa

Ottawa announced a $1.5-billion marine safety plan Monday to protect the Pacific, Atlantic and Arctic oceans. It includes funding to create a marine safety system, restoring ecosystems, and oil spill research. THE CANADIAN PRESS

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New Orleans, LA delegate Sylvia Crier cheers during the fourth day of the Democratic National Convention in Philadelphia, Pennsylvania. GETTY IMAGES

New Orleans: A parallel universe

Rosemary Westwood relocated from Canada to the United States in the midst of the most unusual presidential election ever. She chronicles her observations in a weekly column for Metro.

ROSEMARY WESTWOOD
From the U.S.

The most striking part of New Orleans amidst the climax of this super-sized election is the silence.

You would think Trump and Clinton would be on the tip of many tongues. Here, they just aren't. Not in bars, not in restaurants, not in the streets or shops.

Sure, there are TV ads with a bad Clinton impersonator wielding a chainsaw over a computer or a mix tape of offensive Trump clips paid for by Louisiana Democrats. There's the odd Trump/Pence sticker on pickup trucks. There's even a conspiracy theorist Uncle Sam character in the tourist-packed French Quarter selling "Hillary for 2016" bumper stickers.

But average folk here seem in a parallel universe. You'd hardly know there was a choice to be made at all.

"They're depressed," said the man behind the counter at Verti Marte, home of perhaps the best muffuletta sandwich, who agreed election banter was scarce. "They think Hillary's gonna lose.

"Normally I trust the polls, but this time I think they're wrong," he went on. "I look at the rallies. Obama had tens of thousands. Trump's got tens of thousands. Hillary's got nobody."

To my appalled face, he responded: "It's gonna be alright, baby. Trump's gonna create jobs. You'll see."

A New Orleans born-and-bred taxi driver turned out to be one of those fence-sitters you keep hearing about but can't imagine actually existing.

"I'll probably flip a coin," he told me. Then later: "I'll let the wife decide."

About 319 million people live in the U.S., and, out of all of them, "people can't believe these two are it," he said, explaining the disinterest. "I don't care for Trump, and there's something about Hillary. I never liked her."

You'd hardly know there was a choice to be made at all.

But on Sunday, the Catholic priest at St. Louis Cathedral ended mass, as many church leaders across the country undoubtedly did, by urging his congregants: "Please, I am begging you, exercise your right to vote."

"Take your Catholic faith into the booth," he asked, an enigmatic request, given the fact that the only Catholic on the presidential ticket is pro-choice Hillary's VP pick, Tim Kaine.

On Facebook, in American cities further from the libatious, laid-back New Orleans, friends of mine complained they'd been having sleepless nights.

In the era of Brexit, in a country where former KKK leader David Duke can run for the Senate and land a spot on a legitimate Louisiana debate stage, in a world that has birthed this particularly bloated, infectious iteration of Donald Trump, the waiting — the suspense — is terrifying.

I, myself, am deeply worried.

Pastors rallying the vote

At church services, in rallies and on social media, black pastors urged congregants to vote, hoping to inspire a late flood of African-American turnout that could help propel Democrat Hillary Clinton to victory in critical swing states on Tuesday.

On the final weekend of the presidential campaign, a pastor in Detroit spoke of voting and citizenship. In Philadelphia, the minister reminded congregants others had died for their chance to cast a ballot. The Rev. Jesse Jackson spoke to a few hundred people in front of City Hall in Tallahassee, Florida, before they marched a block over to the county courthouse to vote early.

Along with women and Hispanics, African-Americans are seen as critical to Clinton's chances against Republican Donald Trump. However, early voting data from key states indicate turnout will not be as high this year as it was four years ago, when Barack Obama, the nation's first African-American president, was on the ballot. Sunday's efforts were aimed at minimizing that decline.

Bishop T.D. Jakes, pastor of the Texas megachurch The Potter's House, tweeted on a red, white and blue backdrop: "Make sure your voice is heard. Vote on Nov. 8."

"Preachers are trying to strike a moral nerve and somehow penetrate the fog of indifference," said the Rev. James Forbes, retired pastor of The Riverside Church.

"These are very crucial times to a nation with so much anger, so much anxiety about the future," Forbes said. Forbes has been travelling the country to mobilize voters. He and other pastors have taken pains to emphasize they were not endorsing a candidate, but it was hard to mistake some remarks Sunday that signalled a deep opposition to Trump. THE ASSOCIATED PRESS

Madonna urges voters to keep America great

Madonna belted out some of her biggest hits on Monday night as she treated people in the city to a surprise outdoor concert in support of Democratic presidential nominee Hillary Clinton.

About 300 people jammed into Washington Square Park, in the heart of Manhattan, to watch the pop singer perform "Express Yourself," "Don't Tell Me," "Imagine," "Like a Prayer" and "If I Had a Hammer" while they sang along.

Madonna opened the 30-minute performance by urging the crowd to vote on Tuesday.

"This is a concert that is about unifying us, and it's about keeping America great, not making America great again," Madonna said. "Tomorrow we're going to keep America great. We're going to elect a president that does not discriminate."

As she finished the concert, she again urged the growing crowd to go to the polls and vote for Clinton.

Some in the crowd were just as excited to vote for Clinton as they were to see a Madonna performance. THE ASSOCIATED PRESS

Canadian women's hopes for a female president

Kim Campbell has made no secret about who she would prefer to see win the U.S. presidential election.

The former Progressive Conservative prime minister has been vocal in her distaste for Republican candidate Donald Trump, who she views as unqualified, untruthful and undermining democratic institutions in a world where many countries still strive for peace and security.

Campbell would welcome a victory by Democratic candidate Hillary Clinton. And she thinks Americans electing the first woman U.S. president would send a remarkable signal around the globe that yes, women really are up for the job.

Kim Campbell, former Progressive Conservative prime minister.
TORSTAR NEWS SERVICE FILE

"The landscape from which people get their sense of how the world works is a very powerful influence in terms of the subliminal attitudes people have about who gets to do a job," Campbell said. "I think it will encourage a lot of young people to think differently about who gets to do that job."

Liberal Sen. Mobina Jaffer said she saw this kind of effect in action soon after she became the first Muslim and first person of South Asian descent to be named to the upper chamber in 2001.

Jaffer said she remembers walking along an Ottawa street when a young Afghan girl approached her and learned she was a new senator.

"And she said, 'Well, if you can become a senator then I can become a prime minister'," Jaffer recalled.

Liberal MP Julie Dzerowicz said that kind of validation is needed, even for women who have already been elected to office.

"I can tell you that not only do we have to prove ourselves to win the nomination, we have to re-prove ourselves every single day," said Dzerowicz.

THE CANADIAN PRESS

metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

IT'S A DRAW ELECTION 2016 IN CARTOONS

A picture is worth a thousand words, and many observers — even the most astute political writers around — have found themselves at a loss for words during this historically bonkers U.S. presidential election season. That's where cartoonists came in, picking up their pens where pundits left off and trying to sketch some sense into Decision 2016. Here are just a few of their drawings. METRO

The Toronto Star's **Theo Moudakis** draws parallels between the investigations that have dogged Hillary Clinton and Ontario Premier Kathleen Wynne.

A **#SavePepe** cartoon by Noah Van Schiver promoting literacy; part of a campaign to take the once-innocuous frog character back from racists who adopted him as a hate symbol.

Lisa Benson sums up how the campaign wore down voters' capacity to be shocked.

Theo Moudakis takes on Trump's record of not-so-factual statements at the debates.

Our own **Ani Castillo**'s whimsical take on the candidates' star signs, Scorpio and Gemini.

The Washington Post's **Darrin Bell** imagines Trump's infamous "grab her by the ..." moment as a metaphor for his treatment of the country.

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Three strikes for SmartTrack

TORY'S TORONTO

Matt Elliott

In May 2014, during an election somewhat less heated than the one that will be resolved this week, mayoral candidate John Tory's transit plan took a sharp and sudden turn.

Where he previously advocated for the relief-line subway as Toronto's top priority, Tory decided to go all-in on a new thing: SmartTrack.

I was skeptical. But Tory promised that his plan, which envisioned using mostly-existing GO Transit tracks to provide local service, could provide substantial transit capacity, could be built quickly, and could be funded with something called "tax increment financing" — avoiding property tax increases. Just two years later, Tory has struck out with all three promises.

His first strike came earlier this year, when Tory's vision of 13 new heavy rail stations offering "frequent express service" along the SmartTrack route was dramatically scaled back.

Now plans call for just six new stations, with service frequencies of between six and ten minutes at peak periods. Some of the missing stations will be replaced with an LRT line on Eglinton West — a project that was once part of Mayor David Miller's transit plan.

Tory's second strike came last week, when a detailed report on Toronto's transit plan noted that SmartTrack station construction would take place between 2017 and 2024. That latter date is a far cry from Tory's campaign pledge that the full line would open in 2021. There are no indications that the original timeline is even slightly achievable.

The third strike has been obvious for a while, but now there is no doubt. The same report that outlined the new SmartTrack construction timeline put a dagger in Tory's campaign pledge that the city's share of SmartTrack could be fully funded with tax increment financing.

Even with SmartTrack's scale cut back, Toronto's bureaucrats found no workable scenario where tax increment financing can cover the city's $2 billion share of the project cost.

Filling the gap could mean property tax increases, new taxes or fees, or windfalls gained from selling things like Toronto Hydro. But however Tory and council make the numbers add up, the conclusion should be the same: Tory's original plan failed.

The most frustrating thing? While Tory's SmartTrack plan is up at the plate whiffing at predictable curveballs, the relief line subway is sitting on the bench, waiting its turn.

Staffers in Tory's office disagree with that characterization, telling me that plans for the relief line continue to move forward simultaneously with SmartTrack.

But transit funding is a finite resource, and plans need to be properly prioritized. With outsized promises and a fancy map, SmartTrack made for a good campaign pledge. But as a transit priority in a growing city, it doesn't seem smart enough.

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BREAKING BARRIER JAVITS

Hillary Clinton is gearing up for a humongous party in the biggest venue in New York City — the Jacob Javits Center. It has a glass ceiling, which some suggest is symbolic for Clinton's attempt to break the ultimate barrier and become the first woman American president.

The Clinton camp's other election forecast is for bright skies — lit by fireworks over the Hudson River. Clinton's guests will include friends, family, invited lawmakers, selected members of the news media and a few lucky members of the public determined ahead of time. There will be no general admission for the public.

Barring a voting mishap, the first round of champagne glasses (for either candidate) will likely be filled around 7 p.m. ET, when the first states, Indiana, Kentucky as well as a very big swing state, Florida (with 29 electoral votes) close their polling stations.

Contrast in Election Day parties

The presidential candidates' Election Day celebrations might reflect their confidence in the outcome of the contest. Both will be in New York City, but each has rather different festivities planned.

AMANDA MIKELBERG/METRO NEW YORK

INVITATION ONLY HILTON

In contrast, the usually extravagant Republican nominee Donald Trump has reportedly planned a more reserved election night gathering at the Hilton New York ballroom. The space is decidedly less fancy than the Trump Tower atrium. It would have been ill advised to hold it there, because it's a privately owned space, and the city had already fined Trump $10,000 for holding campaign events there, New York Magazine reported. A source told the magazine that Trump's party will be "relatively small" because Trump is "superstitious."

"The event is invitation-only for friends and supporters of the Trump-Pence campaign," according to a news release.

As for Trump's fireworks, he's fresh out, since last Wednesday he both entered and exited a rally in Florida with the explosives.

PUBLIC CEREMONY

Remembrance Day brings anxiety and stress for soldiers

A day some veterans would like to avoid

Many soldiers with mental health issues stemming from military service say Remembrance Day is a difficult day and can often lead to stress, anxiety and unwelcome triggers. ISTOCK

After returning from Rwanda, retired lieutenant-general Romeo Dallaire avoided Remembrance Day "like the plague."

The prospect of donning his uniform for a public ceremony, or even watching a televised parade, was too much after witnessing countless atrocities during that failed peacekeeping mission.

"I had lost soldiers under my command, I had seen soldiers grievously injured under my command, I had seen soldiers lose their mind under my command. And I avoided that day like the plague. At best — at best — I might watch it on TV," says Dallaire, who was dismissed from service after that mission because of resulting depression, anger and suicidal thoughts.

"One year, the CBC in French had me do a play-by-play and I said, 'I'll never do that again.' It was just so tormenting."

For most Canadians, Remembrance Day is a time for gratitude, reflection and expressions of national pride. But for many soldiers and veterans scarred by trauma, it's a time of anxiety, stress and unwelcome triggers.

Those experienced with treating mental health issues stemming from military service say they often see these anxieties in those who have not adjusted well to life after a tour of duty. Their ability to handle Nov. 11 generally corresponds to the experiences they had with the military, how much support they receive from friends and family, and what, if any, treatment they are offered upon return.

Dr. Ruth Lanius notes the day can be especially difficult for those battling post-traumatic stress disorder, a condition marked by recurrent memories of a stressful event, nightmares, and severe emotional distress or physical reactions to any reminders of war-time trauma.

Even though well-meaning citizens organize these events to recognize sacrifice and offer gratitude, a damaged soldier might find the hoopla only increases their survivor's guilt, or highlights their perceived failures.

"I've seen veterans who it's taken years for them to be able to attend a Remembrance Day ceremony because it triggers them so much and it brings back their own memories," says Lanius, speaking from London, Ont.

How to handle that stress varies from person to person, she adds. While it might be important for some service members to work through that anxiety and learn to embrace Remembrance Day, that might be too overwhelming for others.

"In some cases it can also be experienced as a tremendous relief because it makes them feel closer to some of their buddies that they've lost in war," she says. "I met one man last year who hadn't been able to attend in years and this was the first time he'd been able to attend. Even though I think it caused a lot of emotional distress for him, I think it really also led him to experience a sense of mastery for having been able to attend after such a long period of time."

> **I avoided that day like the plague.**
> Romeo Dallaire

Dallaire recalls how his own soldier father, who commanded an infantry regiment in the Second World War, would grudgingly participate in the Remembrance Day parade.

"And he hated it. Because if there's a time when those that you saw suffer, those that you saw die or injured come back to life in a haunting way, it is that day, during those ceremonies," says Dallaire, who outlines his battle with PTSD in Waiting for First Light: My Ongoing Battle with PTSD, co-written by Jessica Dee Humphreys and published by Random House Canada.

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LEARNING CURVE

The perils of post-secondary plagiarism

As due dates loom and post-secondary priorities pile up around you, cutting corners may seem the only way to keep afloat academically this semester. But whether it's a notion recalled accidentally from a scholarly text or words deliberately lifted from the web, instances of plagiarism can wreak havoc on a student's academic path.

"Plagiarism, in any context, is using words, ideas, concepts, intellectual or the creative work of other people without giving those people recognition," says Fiona Green, chair of the senate academic standards and misconduct committee at the University of Winnipeg. "And it doesn't matter if one forgot to reference them; it is still plagiarism. Intent is not the issue, the act is."

ISTOCK

With consequences from a knocked down grade all the way to expulsion, Green recommends avoiding plagiarism at all costs by taking precautionary steps every time a project is completed.

"Have someone else read the paper and have a discussion about it," advises Green as a start. "Can the student explain the ideas and arguments in the paper at the same level as what is written? If not, they are likely those of someone else and need to be referenced."

She adds that students should always make a sweep of the internet, where many fall prey to inadvertent parroting. "Do a search online for groups of words or sentences from the paper," says Green. "If they show up online, they are not original thoughts and need to be referenced."

Catherine Bolton, vice-provost of teaching and learning at Concordia University reminds that the issue of plagiarism can often rear its ugly head before the project has even begun.

"Many of these slips relate to time management," says Bolton. "Rushing at the end so that the student doesn't take the time to do that all important final read through."

"Obviously, one good way to avoid these types of problems is to give yourself enough time to complete the assignment," says Bolton, adding that being overtired can also cause students to miss vital details.

In the process of completing the assignment, Bolton further recommends that students change fonts and font colours for direct quotations and for paraphrases, so that they can see each one easily when they are doing their final edits. And when push comes to shove, a good break from a paper might be the key to avoiding the pitfalls of this all-too-common error.

"Put your work aside for an hour or two and then go back to it," says Bolton. "Mistakes can jump out at you when you read it with a fresh mind."

-LIZ BEDDALL

Open up your career options as a medical office administrator

If you're searching for a new job that will bring you more fulfillment, consider taking on a career as a medical office administrator.

Electronic health care records (EHRs) are one area where a medical office administrator shines. EHRs are private lifetime records of a person's medical history.

They're a Canada-wide initiative to make sure people across Canada get consistent, reliable care at a level of quality they deserve.

At a medical office, the person in charge of maintaining these records is the medical office administrator. You'll be responsible for managing and updating these for your patients.

Proficiency in other software is important too.

As a medical office administrator you'll be dealing day-to-day with several key software programs, including Microsoft Office programs Word, Excel and Outlook, as well as billing software.

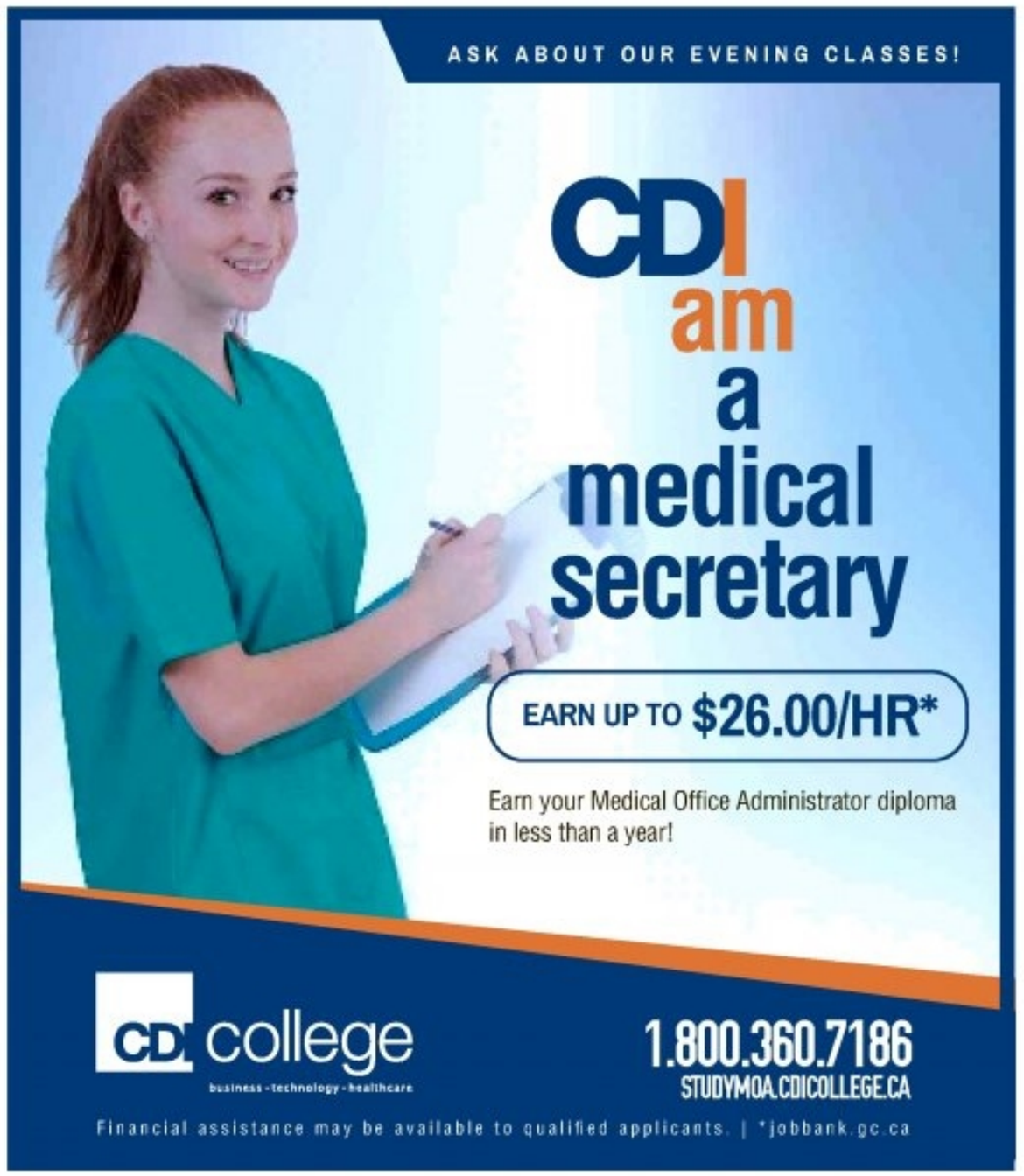
If you get your education as a medical office administrator, you'll have many different workplace options ahead of you. You could work as a medical office receptionist, medical file clerk, ward clerk or medical transcriptionist. There are many possibilities.

CONTRIBUTED

If you think this career might be for you, consider taking the Medical Office Administrator diploma program at CDI College.

The program will help you launch into an exciting and rewarding new career as a medical office administrator.

For more information, visit CDI College Business Technology Healthcare online at study.cdicollege.ca, or call 1-800-360-7186.



Find out if Sheridan is right for you

CONTRIBUTED

The doors to all of Sheridan College's locations will open on Nov. 19 to introduce prospective students to all things Sheridan.

"It has been said many times that we do things differently here," says Christopher Treschak, manager of student recruitment at Sheridan College. "I actually believe that. I really feel that the creative atmosphere we create here really bleeds through and prospective students will get their first taste of that during the open house."

Treschak says the open house is an ideal opportunity to speak with representatives from many of the school's departments, academic advisors as well as current students to learn about the school and the program in which an attendee may be interested.

"Attendees will have the opportunity to get information on extracurricular activities, campus life and the school's many financial aid options," he says. "And they'll also be able to explore the campus, check out the labs and see presentations from different faculties," he says.

People are encouraged to register for the open house — occurring simultaneously at Sheridan's Trafalgar Road Campus and Skills Training Centre in Oakville, Hazel McCallion Campus in Mississauga and Davis Campus in Brampton — for the opportunity to win a $1,000 Sheridan tuition credit. However, they can also drop in without registering.

"If they aren't sure which campus they should visit, following the steps in the registration form will help them to choose the campus that's best for them," Treschak says.

The open house, which runs from 10 a.m. to 2 p.m., is designed with every type of learner in mind and Treschak says it is attended by students as young as 15 who want to get a head start on their college consideration as well as those looking into graduate certificate programs or second careers.

"We know, with a great deal of research, that students are generally more successful in environments they feel comfortable in so I think visiting a campus and seeing the environment in which they will be learning is extremely important in making a decision that could potentially affect you for years," he says.

Questions to ask yourself

Sheridan's open house is designed to help you answer these questions:

- *Is Sheridan right for me?*
- *How do I know if a program is the right choice?*
- *What supports are available to me and where do I go for help?*
- *How can I get involved on campus and what extracurricular activities are available?*
- *Where am I going to live and how will I get around?*
- *How much will it cost?*

COMPOSING MUSIC CAN TAKE YOU MANY PLACES

CONTRIBUTED

The Canadian film and TV industry has never been busier. There has been enormous growth in game design and development as well as application development, and musical theatre is enjoying extreme popularity as well.

These are just a few of the factors that make it the perfect time to consider Sheridan College's Music Applied To Stage, Screen and Interactive Visual Environments (MASSIVE) offering, says Stephen Barden, the program's coordinator.

"All of these sectors require music. MASSIVE will allow musicians and music students to focus their skills in the area of composing for screen, visual media and stage."

The graduate certificate program, set to launch in May 2017, is geared toward those who have gone through some level of post-secondary music education or professional and semi-professional musicians who lack formal training but have years of experience.

Highly collaborative in its structure, the program's most unique feature is the amount of interdisciplinary work that will occur between MASSIVE students and their peers in Sheridan's other arts programs. Students will compose music for animation, video games and apps, film, TV and musical theatre.

"The advantage here, of course, is the structure of the program provides students with real world client interaction and getting to work with totally original material for which they have been 'hired' to create music," Barden says. "Students, upon graduating, will walk away with a demo reel that is entirely original."

Sheridan's Trafalgar Road Campus in Oakville will serve as MASSIVE's home base and students will learn in state-of-the-art labs, using software such as Logic and Pro Tools, from instructors who are all practicing musicians, composers and engineers.

"I expect all our grads will be freelancers," Barden says. "We designed the program with that in mind so not only will they receive an education in composing, arranging and recording music, but courses will also focus on the business of being a composer. Students will be well equipped for the industry after the three semesters."

The best way to experience Sheridan is to see it for yourself.
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Saturday, November 19, 2016
10 a.m. – 2 p.m.

Brampton | Mississauga | Oakville

openhouse.sheridancollege.ca

Sheridan | Get Creative

What makes Centennial students successful

Centennial College has come a long way since it became Ontario's first college 50 years ago with 514 students enrolled in 16 programs.

Today, about 40,000 students are enrolled in its more than 200 programs. And on Nov. 20, Centennial is opening its doors to showcase how it continuously evolves to ensure student success.

"When I look at Centennial's legacy, I immediately think of growth," says Darryl Creeden, the school's director of student recruitment and community outreach. "And the growth hasn't just been in students but also in the supports we offer."

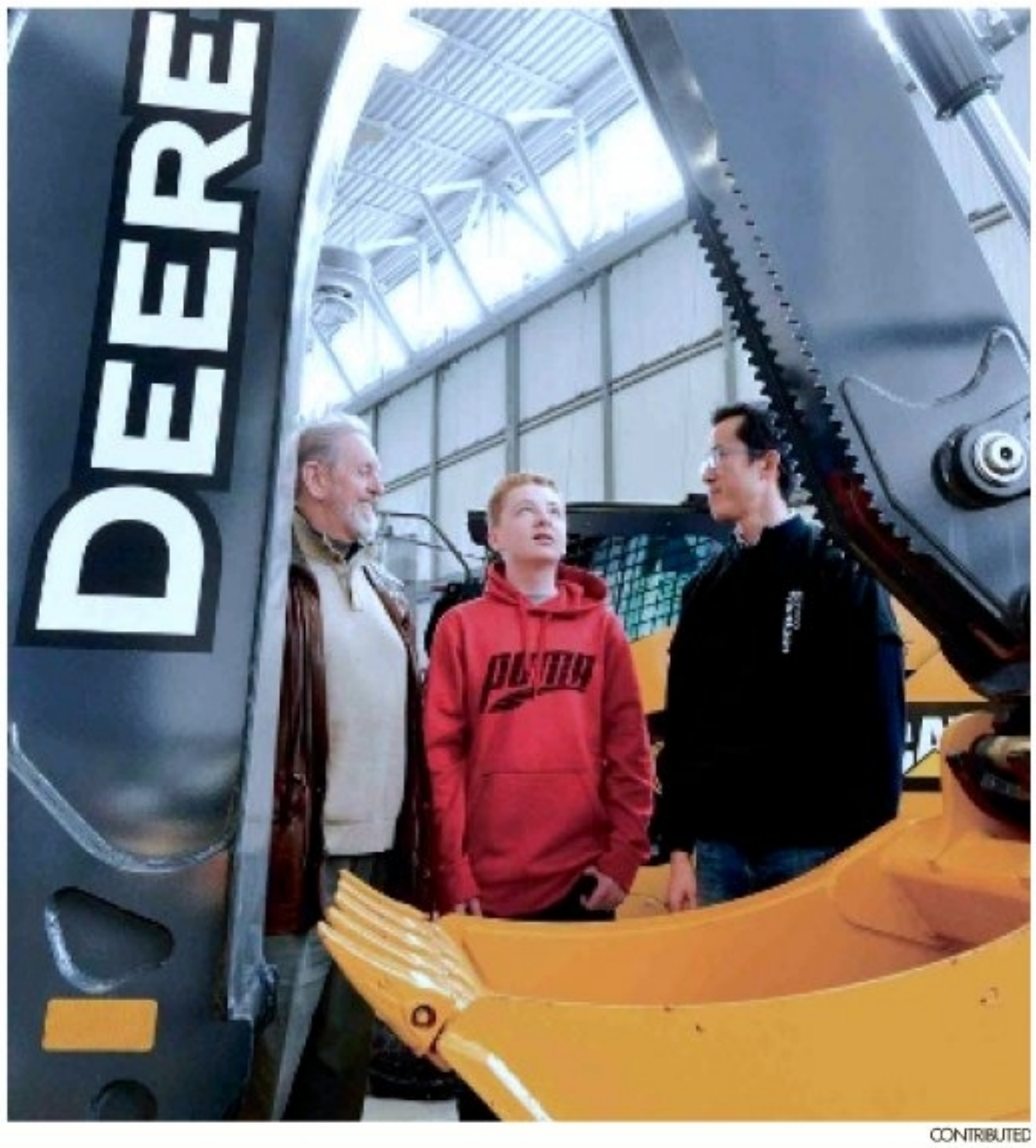
While Creeden says those supports include traditional services such as financial aid, peer tutoring and counselling — whose representatives will be at Progress Campus for the Discover Centennial open house — this year, the school introduced something new.

"We've rolled out a new advising framework that has students connecting with their own college advisor (CA)," he says. "They can develop a relationship with their CA who will guide them through their time at the college. CAs will be at the open house and are a great source of information for those unsure of what program they want to enroll in."

In addition to its base at Progress Campus' Athletic and Wellness Centre, where information experts from all programs and many services and clubs will be stationed from 10 a.m. to 3 p.m., the open house will feature giveaways, performances and bus tours to the college's other campuses.

Ashtonbee Campus visitors will tour transportation labs, Story Arts Centre tours will highlight communications, media, arts and design labs; health and wellness as well as applied biological and environmental labs are at Morningside Campus, and hospitality, tourism and culinary labs as well as information and communication engineering technology and advanced manufacturing and automation technology labs can be viewed at Progress.

"Buses will leave every 30 minutes and tours will give people the chance to see just how hands-on our programs are," Creeden says.



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Performance arts programs enjoy surge of interest

Centennial College students are already letting dance or music lead them toward careers through the school's Dance Performance and Music Industry Arts and Performance (MIAP) programs. And in the fall 2017, Centennial will add two more programs to its cluster of performance arts offerings: Theatre Arts and Performance and Performing Arts Fundamentals.

"At our School of Communications, Media, Arts and Design we focus on giving students an opportunity to tell their stories. These programs are a natural extension of that," says Chris Jackman, chair of arts and design at the School. "Our performance arts programs are enjoying a massive surge of interest, so we are looking forward to the new additions."

While the four offerings differ in length and credentials, they share some commonalities. For example, all take a contemporary approach and make use of the prestigious Toronto Centre for the Arts, thanks to a partnership with the centre.

CONTRIBUTED

"A massive chunk of the programs' curriculums revolves around studio classes and rehearsals, and those are all conducted at the Centre," Jackman says. "Not only do students have access to a venue that is second to none but it also gives them the opportunity to engage with professionals in their fields."

Jackman says the nature of the entertainment industry, where these programs lead in one way or another, requires an entrepreneurial spirit. So, another core component of the performance arts programs is business.

"Industries are changing and many support more contract work but you are also seeing people innovating and creating new spaces for themselves," he says. "We teach professional practice, including financing, auditioning, networking, production, self promotion and anything else you might need to get yourself out there and keep yourself out there. The point is not to be a flash in a pan but to have a long and thriving career."

Breaking down your options

1) Music Industry Arts and Performance
- *Length: Three years*
- *Credential: Advanced diploma*
- *Fact: In third year, students choose a music creation and business stream or a music creation and technology stream.*

2) Dance Performance
- *Length: Two years*
- *Credential: Diploma*
- *Fact: It covers hip-hop, ballet, jazz, contemporary, cultural, world trends, indigenous North American and other dance forms.*

3) Theatre Arts and Performance (Fall 2017)
- *Length: Three years*
- *Credential: Advanced diploma*
- *Fact: Independent "storefront" productions will offer students experience as actor-entrepreneurs.*

4) Performing Arts Fundamentals (Fall 2017)
- *Length: One year*
- *Credential: Certificate*
- *Fact: Graduates will be eligible to enter directly into any of Centennial's other performance arts programs.*

CENTENNIAL COLLEGE

50

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November 20

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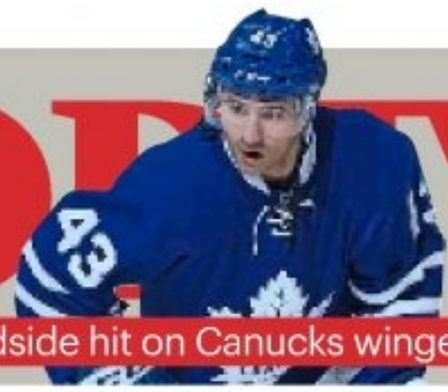

"As long as it's clean ... I think it's acceptable": Nazem Kadri isn't apologizing for Saturday's blindside hit on Canucks winger Daniel Sedin

TFC kicking bad rep to the curb

MLS PLAYOFFS

Reds show their might in historic win over NYCFC

Jozy Altidore and Toronto FC are not wilting under the bright lights of the playoffs.
ANDRES KUDACKI/THE ASSOCIATED PRESS

A franchise once known for failure, Toronto FC is rewriting its reputation in Major League Soccer with a powerful, relentless playoff run.

And with the Montreal Impact the lone obstacle ahead of the MLS Cup final, Toronto is looking to make more history.

Greg Vanney's team entered the league record book Sunday with a 5-0 shellacking of New York City FC that completed a shocking 7-0 aggregate victory in the Eastern Conference semi-final. The previous heaviest aggregate defeat was the Los Angeles Galaxy's 5-0 win over Real Salt Lake in 2014.

For Canadian midfielder Jonathan Osorio, Sunday's performance — Toronto's first playoff win on the road — was one of the franchise's finest.

"For sure. Without a doubt," he said. "This game's probably our biggest game, the most important game in our history. It goes along with the first ever game, first home playoff game. But this one was huge.... It's huge, but I think it won't matter unless we take care of business going forward."

With 118 league games under his belt, the 24-year-old Osorio is among the longest-serving players on a Toronto roster that was stripped down and reassembled by general manager Tim Bezbatchenko and nurtured by Vanney. Like many, Osorio has risen to the playoff challenge with two goals in three games.

34

Coach Greg Vanney, who took over in the middle of 2014, is responsible for 34 of the franchise's 94 wins.

Under Vanney and imposing captain Michael Bradley, Toronto has turned its culture around. The team survived injuries to build momentum going into the business end of the season and has lost just twice in its last 18 games (11-2-5).

"Winning is as much a habit as losing can be," said Vanney. "We've got good continuity and the group is a tight-knit group and they work hard for each other. When you start getting results that match up with the type of work that you're putting in, then it starts to build some momentum."

With savvy personnel help from Bezbatchenko, Vanney has overseen the turnaround of a defence that went from tied for worst in the league in 2015 (with 58 goals conceded) to tied for second-best this season (39 goals).

The drilling on defence was a constant throughout the preseason, with every player "committed to posting zeros," according to Vanney.

"Our mindset is that we've got to be a good defending team if we're going to win a championship." THE CANADIAN PRESS

MAPLE LEAFS

Puck luck not in Matthews' favour

It's not likely Auston Matthews and Mitch Marner will be backup singers on Jon Bon Jovi's next tour.

But the two young Leafs, caught on camera singing Bon Jovi's iconic Living on a Prayer while sitting on the bench waiting for play to resume Saturday night, certainly caught the legendary rocker's attention.

Bon Jovi, whose band once had a banner in the rafters at the Air Canada Centre, tweeted a GIF of Marner and Matthews singing along to the song and remarked the Leafs duo was "not bad."

"That was pretty funny," Matthews said.

Marner "was singing it in my ear, and I was kind of singing it with him. He's a big fan of that song, he plays it in the car a lot," added Matthews, who says he has a wide taste in music, anything from "rap to rock 'n' roll."

That fun attitude has helped Matthews through a recent scoring drought. He had an assist Saturday night, just his first point in a five-game span.

Matthews has been frustrated with his puck luck, but not worried. He leads all rookies with 51 shots and ranks second in rookie scoring with 11 points, one behind teammate William Nylander, before Monday's games.

Auston Matthews
GETTY IMAGES

"We're all living our dream, playing in the NHL," Matthews said of the seven Leaf rookies. "You have to enjoy this experience, you talk to the older guys and they tell you it flies by, so enjoy this as much as possible." TORSTAR NEWS SERVICE

BLUE JAYS

Qualifying offers extended to sluggers

Toronto sluggers Jose Bautista and Edwin Encarnacion were among 10 players to receive $17.2-million qualifying offers from their teams Monday as general managers gathered for their annual meeting in Scottsdale, Ariz.

Players have until Nov. 14 to accept. For players who don't and sign elsewhere, their new team loses a high selection in next June's amateur draft and their old club gets an extra pick after the first round.

Baseball's collective bargaining agreement is set to expire Dec. 1, however, and could mean that trade talk and free-agent signings go slowly this off-season. THE ASSOCIATED PRESS

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Cook back in his kitchen

ALPINE SKIING

Podiums the primary focus in Canadian's return to health

Vincent Man
Metro | Toronto

The season's first super-G race can't come soon enough for Dustin Cook.

That's because the Canadian alpine skier is confident he has what it takes to earn the podium's top spot.

"I'm ready to go and I'm ready to fight for the win," Cook recently told Metro. "That's why I'm there, I'm not there for any other reason."

The 27-year-old will compete in the super G — his specialty — at Lake Louise, Alta., on Nov. 27. He will also take part in the downhill the day prior.

Cook's belief in his ability stems from all the training he has endured over the last year, and not the competition — or lack thereof.

In October 2015, Cook tore the anterior cruciate and medial collateral ligaments in his right knee as well as an adductor in his left leg during a training run just days before the start of the season.

The season-ending injury was "not that fun," but a blessing in disguise.

"I mean, an injury is never a fun thing to do or go through but honestly I think there were a lot of positives," Cook said.

"I got to do a lot cool stuff that normally I wouldn't get to do: have a normal life, see friends, explore some opportunities at home.... And I learned a lot about myself and how much I can work."

Among those opportunities was being more hands on during fundraisers and charity events in the Ottawa region and his hometown of Lac-Sainte-Marie, Que.

Giving back to the tight-knit community of skiers back home was important for Cook because it was there where he gained the push to become a world-class ski racer.

"I have such an unbelievably strong support network up there," said Cook, whose resumé includes a silver medal at the 2015 world championships. "They do everything they can and I try to give back as much as I can.

"We're in the process of creating a bursary to identify younger athletes in the area and help them on their way. There's some really cool stuff happening there."

Though he had multiple projects drawing his attention, Cook still had a focus on his return to skiing. With the advice and support from training partners and fellow Canadian Cowboys in Manny Osborne-Paradis and Erik Guay — "fortunately and unfortunately, they've had a lot of experience with injuries" — he was encouraged to regain his form.

Cook went one step further by dedicating himself in the gym.

"I feel a lot stronger than I was before," he said. "I spent eight months in the gym so I hope I'm a lot stronger than I was before.

"You might as well make the most of a bad situation. I think we did that and now I feel super strong on snow so it worked out well."

In his first taste of action since the 2014-15 season, Cook competed in a giant slalom race last month in Soelden, Austria. His time wasn't fast enough to earn him a second run, but he said it was a great "mental training exercise."

"It felt totally normal to be in the gate and in that atmosphere again and see the crowd and the competitors," Cook said. "In the long run it will be an invaluable tool."

This season also marks the latest world championships in St. Moritz, Switzerland, from Feb. 6-19 — a big motivator for Cook to be on top of his game.

Three months from the event, he says he's already "just refining little things" and has high expectations.

"I'd be disappointed if I was only top 10. I have higher goals for sure," Cook said. "But with the amount of training I have, I feel like I'm pretty dang close to where I left off.

"I feel good and want to be back on the podium where I feel I belong and go from there."

Dustin Cook is healthy again after suffering leg injuries on the eve of last season.
JOE KLAMAR/AFP/GETTY IMAGES

> **I feel it's realistic to jump right back in it and take charge.**
> Dustin Cook

LOOKING BACK

Cook last visited the podium at the World Cup Finals in March 2015 when he claimed gold in the super G.

IN BRIEF

Wanderlusting D-man agrees to Winnipeg deal

Defenceman Jacob Trouba has re-signed with the Winnipeg Jets.

The two-year deal will pay Trouba US$2.5 million this season and $3.5 million in 2017-18.

Trouba missed Winnipeg's training camp and the start of the season while sitting out over a dispute with the team. THE CANADIAN PRESS

Alouettes cut ties with longtime GM Popp

For the first time since the Montreal Alouettes returned to the Canadian Football League 21 seasons ago, they are searching for a new general manager.

Team president Mark Weightman announced Monday that Jim Popp, the architect of three Grey Cup champion teams, has parted ways with the Alouettes under mutual agreement with owners Bob and Andrew Wetenhall.
THE CANADIAN PRESS

Ronaldo caps big year by signing five-year deal

Life in Madrid certainly seems to agree with Cristiano Ronaldo.

The Portugal forward signed a five-year contract extension with Real Madrid on Monday, capping an exceptional year after triumphs with his club in the Champions League and with his national team in the European Championship.

"This is the best moment in my life," Ronaldo said.
THE ASSOCIATED PRESS

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RECIPE Mushroom Barley Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The soup boasts great, earthy flavours but it's the textures that have us coming back to this dish over and over.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 6

Ingredients
- 2 Tbsp olive oil
- 2 or 3 cloves of garlic, minced
1 onion, diced
- 2 medium carrots, peeled and diced
- 2 stalks of celery diced
- 1 lb of cremini mushrooms, brushed clean and sliced
- 2 Tbsp fresh thyme (less if dried)
- 3/4 cup of pearl barley
- 5 cups of stock (vegetable, chicken or beef all work)
- Salt and pepper to taste

Directions

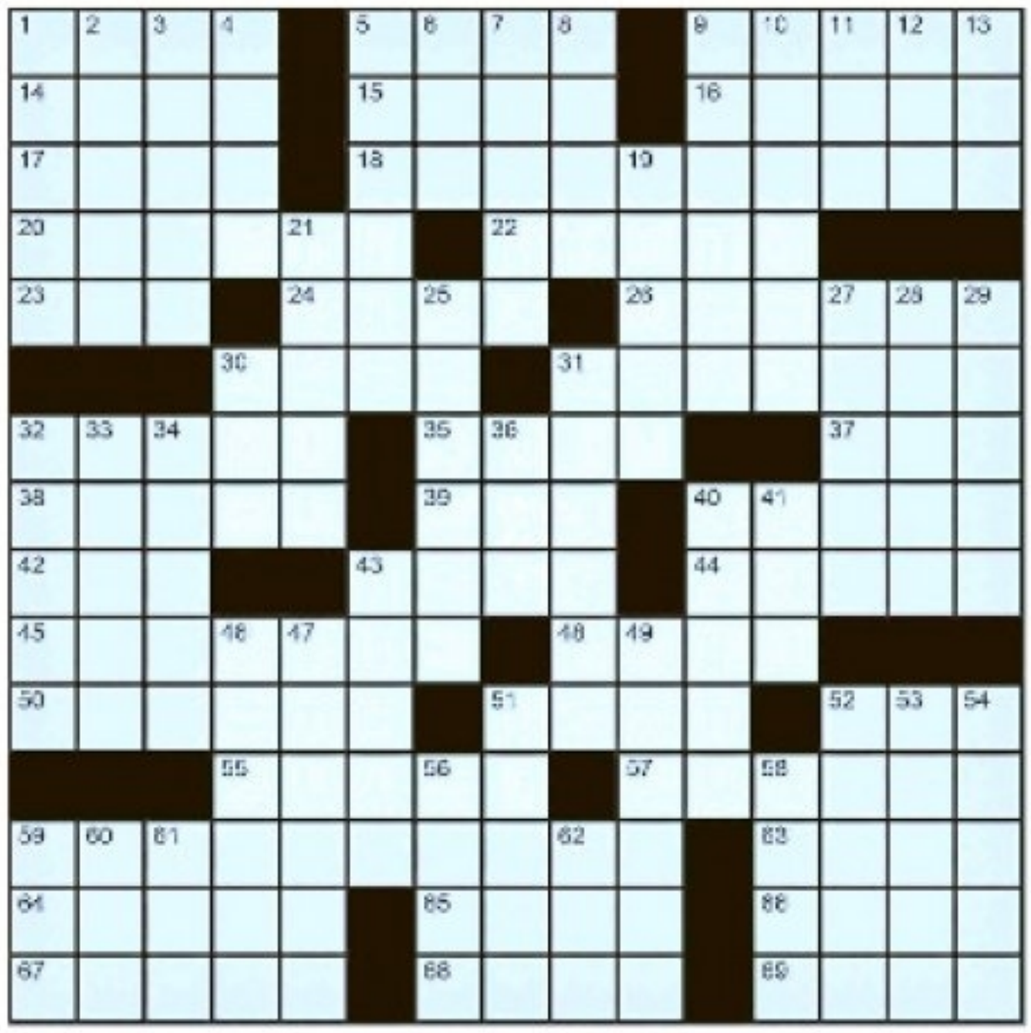
1. 1. In a large pot or Dutch oven warm up the olive oil over medium heat. Add your vegetables and thyme and allow to soften for about 3 to 5 minutes.

2. Add the barley and give it a good stir to coat it. Now pour over the stock and allow to simmer for about 20 minutes until the barley is tender but still chewy. Taste to check seasoning.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. From _ to stern
5. Marsh creature
9. Wagons
14. Record
15. Thus
16. Irish actor Milo
17. Grimm opening part...
18. Canadian actor Raymond Massey's turn as an American President, "_ _ in Illinois" (1940)
20. Confusions
22. Chutzpah
23. Jimmy
24. Inactivity
26. Market merchant
30. Party platter's spreadable pick
31. Ceiling fan, for example
32. Assuage
35. Similar
37. Living longevity
38. Greenish-blues
39. Arrange
40. Insipid
42. Bother
43. Clothing, informally
44. Kicks off
45. Fade, as excitement: 2 wds.
48. "_ it about time?"
50. Monk, for one
51. Comfy
52. Polka's stylish pal
55. Bounded
57. Prehistoric tool
59. Ottawa-born comic actor who starred as a President in "My Fellow Americans" (1996): 2 wds.
63. Go _ detail (Elaborate)
64. Diminish
65. _-Dokie
66. 'Band' suffix (First Aid kit supplies)
67. Communicated like a coyote
68. Shelters
69. Hard to come by

DOWN
1. Chainsawed tree remainder
2. Pig-resembling creature
3. _ glue
4. Eatery's fare listing
5. Cups-and-saucers gift: 2 wds.
6. Royal symbol
7. Insurance company worker
8. Canned fruit brand
9. Curving outward, as certain lenses
10. Upward move
11. 17th Greek letter
12. _. number (Ring!)
13. _ Francisco
19. Dick _, legendary Montreal Canadiens coach
21. Implores
25. Autumn, for one
27. Guitar star Mr. Eddy
28. Liver or kidney
29. Whirls
30. Stovetop sight
31. Is part of the clique: 2 wds.
32. Citric, and others
33. Song segment
34. Los Angeles basketballer
36. Beer _
40. _ drums
41. Appropriate
43. Refine
46. Get wider, as pupils
47. Was a good soldier
49. Some leathers
51. Tend the fire
52. _-_-ling!
53. Beaver-ish looking mammal
54. "_ Were the Days" by Mary Hopkin
56. Exec. _. (TV show gig)
58. Faux-teller
59. Lightly apply
60. Sleeveless garment
61. Official-sounding 'No'
62. Feminine side

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Keep your focus on red-tape matters, like inheritances, taxes, debt and shared property. You will make good headway in these areas this week.

Taurus April 21 - May 21
Remember to get more sleep now, because you need it. The Sun, your source of energy, is as far away from you as it gets all year (in your chart).

Gemini May 22 - June 21
Respect your desire to get better organized. Act on this impulse. Make a to-do list of everything you want to do so that you are more effective, efficient and productive.

Cancer June 22 - July 23
Give yourself permission to play and have a good time, because that is what you want to do. Ideally, sneak away on a vacation. Sports events, the arts, social outings and playful times with kids all have appeal.

Leo July 24 - Aug. 23
Home, family and your domestic life are your focus now. Some of you will be more involved with a parent.

Virgo Aug. 24 - Sept. 23
The pace of your days is accelerating because of your busy, jam-packed schedule. Short trips, increased reading and writing, plus errands and conversations with others will keep you racing.

Libra Sept. 24 - Oct. 23
Your focus on money, earnings and your possessions continues. Respect your moneymaking ideas, because they might be worthwhile. Write them down so that you can assess them later.

Scorpio Oct. 24 - Nov. 22
With the Sun in your sign now, you are blessed. People and favorable situations will come to you. It's your turn to replenish yourself for the year!.

Sagittarius Nov. 23 - Dec. 21
Stay in the wings and work behind the scenes. Set aside some time so that you can make plans for your new year ahead. (Birthday to birthday.)

Capricorn Dec. 22 - Jan. 20
Accept all invitations. Enjoy your popularity, particularly with younger people. This is a good time to define goals and actively pursue them.

Aquarius Jan. 21 - Feb. 19
Now is the time to go after what you want, because people in power admire you. Don't ask why — you can call it "smoke and mirrors," but it's true. Demand the advantage!

Pisces
Feb. 20 - March 20
Do something to broaden your horizons. Sign up for a course, learn something new and talk to people from other cultures. Of course, nothing beats the firsthand experience of travel.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	6	7			
		2				6		
	6	5				3	9	
7								2
2								1
	9	6	8		5	7	4	
			5		6			
		1				5		
		8	7	3	9	1		

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9	5	2	3	8	4	1	7	6
8	1	3	7	5	6	9	4	2
7	6	4	9	2	1	8	3	5
3	2	8	6	7	9	4	5	1
6	7	1	2	4	5	3	9	8
4	9	5	1	3	8	6	2	7
1	3	7	4	6	2	5	8	9
5	4	9	8	1	7	2	6	3
2	8	6	5	9	3	7	1	4

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